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**New free food event to inspire eating well and on a budget**

A new free food event aimed at showing people how to eat healthy and cook satisfying meals on a budget will be taking place later this month in Chichester city centre.

Chichester District Council has partnered with the Goodwood Estate for this new ‘**Good Food For All Feastival’**, which will take place on **Saturday 29 March** from 10am to 6pm.

The event will feature a stage with a kitchen to showcase a series of short demonstrations, presentations and talks from local chefs, including celebrity chef Jameson Stocks. Jameson is an internationally renowned, Michelin-starred chef who has multiple restaurants around the world and lives in Chichester District. He also runs Just Street Food at The Ghost at the Feast in North Street, Chichester.

In addition, there will be a variety of stands where people can find delicious street food and drink, or can chat to a range of food, nutrition and wellbeing experts, including some of our local producers and food businesses.

Members of the public will be able to watch local food experts, including head chefs from the Goodwood Estate, cook up a range of culinary delights and hear advice on how to use local or speciality ingredients. Goodwood will also have some of their delicious farm shop produce for people to taste, including organic kafire and cheeses.

Representatives from locally based UK Harvest, which works to reduce food waste and increase access to nutritious food for less, will also be attending and offering advice on how best to utilise simple ingredients. They will be running a ‘Question and Answer’ session from the stage during the day, and attendees are encouraged to interact as much as possible.

The stage will be set up in East Street (outside of HSBC bank), with music from 10am, and a program of demonstrations taking place between 11am and 4pm. The music will carry on through to 6pm to offer an opportunity for people to stay and enjoy the early evening atmosphere in the city.

“I think this event is a great idea and ties in with a lot of what my work is all about,” says celebrity chef, Jameson Stocks. “I know from personal experience, having been homeless myself many years ago, what it is like not knowing how to cook. Being able to cook a few very simple dishes can make such a huge difference to your general health and wellbeing and this is an area where I really want to make a difference.”

Councillor Harsha Desai, Chichester District Council’s Cabinet Member for Growth, Economic Development, Communication, Licensing and Events, says: “This event has been designed to help people make the most of the amazing food and produce around us locally, and to give people ideas on how to use up the fruit and vegetables and other ingredients that always seem to get left behind in the fruit bowl or the fridge!

“It’s about giving people the confidence to turn the food that they buy into the most delicious and nutritious meals using some simple tips from local experts, and we’re really delighted that Goodwood Estate has come on board with us.

“This is a fun and inclusive event for everyone across the district, with something of interest for everyone, whatever their budget or taste. The idea is that you can come along and watch a ten-minute demo and come away with some fantastic ideas to try out in your own kitchen!”

The event will run from 10am to 6pm in East Street and North Street, Chichester.

For more information see Chichester District Council’s ‘What’s On’ pages at: [**www.chichester.gov.uk/whatson**](http://www.chichester.gov.uk/whatson)

People can also follow the council’s social media pages and Events and Markets Facebook page: [**www.facebook.com/ChichesterDistrictEventsAndMarkets**](http://www.facebook.com/ChichesterDistrictEventsAndMarkets)

Members of the public can also keep up-to-date with any council-run events by signing up to the monthly Initiatives+ email newsletter at: [**www.chichester.gov.uk/newsalerts**](http://www.chichester.gov.uk/newsalerts).

**For further information, please contact Clare Hawkin, Senior Communications Officer by calling 01243 534679 or emailing** [**chawkin@chichester.gov.uk**](mailto:sjparker@chichester.gov.uk)

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